Schedule courses (10 weeks)

Period 2: 16 November 2026 to 7 February 2027

Start registration: Monday 2 November 2026

Monday	Course	Level	Facilities	Requirements
5:00 - 6:30 pm	Volleyball	semi-advanced	Hal 1 deel A & B	OlymPas
5:30 - 7:00 pm	Running practices	5 & 10 km	Outdoor	OlymPas
6:00 - 7:00 pm	Hyrox		Kratistos	OlymPas + € 18,50 (cat. A/B/C)
7:00 - 8:15 pm	Pole sports	advanced	Spinning	OlymPas + € 13,80 (cat. A/B/C)
7:15 - 8:15 pm	Hyrox		Kratistos	OlymPas + € 18,50 (cat. A/B/C)
Tuesday	**Course**	**Level**	**Facilities**	**Requirements**
4:30 - 5:30 pm	Self-defence		MB-zaal	OlymPas + € 13,80 (cat. A/B/C)
5:30 - 6:30 pm	Cross challenge		Kratistos	OlymPas + € 18,50 (cat. A/B/C)
6:30 - 7:45 pm	Running practices	beginner	Outdoor	OlymPas
Wednesday	**Course**	**Level**	**Facilities**	**Requirements**
4:30 - 5:30 pm	Hyrox		Kratistos	OlymPas + € 18,50 (cat. A/B/C)
5:00 - 6:30 pm	Volleyball	advanced	Hall 3 part C	OlymPas
5:30 - 7:00 pm	Running practices	all levels	Parnassos	OlymPas
5:30 - 6:45 pm	Pole sports	all levels	Spinning	OlymPas + € 13,80 (cat. A/B/C)
6:00 - 7:00 pm	Cross challenge		Kratistos	OlymPas + € 18,50 (cat. A/B/C)
6:30 - 8:00 pm	Volleyball	well advanced	Hall 3 part C	OlymPas
7:00 - 9:00 pm	Cheerleading	beginner & semi-advanced	Squash court 1	OlymPas + € 13,80 (cat. A/B/C)
Thursday	**Course**	**Level**	**Facilities**	**Requirements**
5:00 - 6:30 pm	Volleyball	semi-advanced	Hall 3 part A & B	OlymPas
5:30 - 7:00 pm	Running practices	10+ km	Outdoor	OlymPas
6:00 - 7:00 pm	Hyrox		Kratistos	OlymPas + € 18,50 (cat. A/B/C)
6:15 - 7:30 pm	Aerial hoop	all levels	MB-zaal	OlymPas + € 13,80 (cat. A/B/C)
7:30 - 8:45 pm	Pole sports	beginner	Spinning	OlymPas + € 6,90 (cat. A/B/C)
Friday	**Course**	**Level**	**Facilities**	**Requirements**
6:00 - 7:00 pm	Hyrox		Kratistos	OlymPas + € 18,50 (cat. A/B/C)
Saturday	**Course**	**Level**	**Facilities**	**Requirements**
10:00 am - 12:00 pm	Cheerleading	advanced	Squash court 1	OlymPas + € 13,80 (cat. A/B/C)
10:45 am - 12:00 pm	Aerial silks	all levels	MB-zaal	OlymPas + € 13,80 (cat. A/B/C)
Sunday	**Course**	**Level**	**Facilities**	**Requirements**
11:30 am - 12:30 pm	Hyrox		Kratistos	OlymPas + € 18,50 (cat. A/B/C)

Rate category A	Students at the UU and other Dutch universities, HU, HKU, UvH and MBO: ROC Midden Nederland, Grafisch Lyceum Utrecht, Nimeto and MBO Utrecht.
Rate category B	Staff and research trainees/assistants* of UU, HU, UMCU, HKU, UvH, Hubrecht Instituut/Westerdijk Institute
	Partners of staff, volunteers, partners of volunteers and former staff (retirees) of UMCU
	Students at hbos, affiliated with the 'hbo-raad'
Rate category C	Others

* in possession of a Friend Pass Utrecht University Fund

Check the (discount) rates of the OlymPas:

Schedule short courses (5 weeks)

Period C: 16 November to 20 December 2026

Start registration: Monday 2 November 2026

Monday	Course	Level	Facilities	Requirements
12:00 - 1:00 pm	Strength workout for beginners	beginner	Kratistos	OlymPas + € 6,90 (cat. A/B/C)
Tuesday	**Course**	**Level**	**Facilities**	**Requirements**
10:30 - 11:30 pm	Strength workout	(semi-)advanced	Kratistos	OlymPas + € 9,25 (cat. A/B/C)
12:00 - 1:00 pm	Strength workout for beginners	beginner	Kratistos	OlymPas + € 6,90 (cat. A/B/C)
Thursday	**Course**	**Level**	**Facilities**	**Requirements**
09:45 - 11:15 am	Yoga in depth	all levels	Parnassos	OlymPas + € 18,50 (cat. A/B/C)
12:00 - 1:00 pm	Strength workout for beginners	beginner	Kratistos	OlymPas + € 6,90 (cat. A/B/C)
4:30 - 5:30 pm	Strength workout for beginners	beginner	Kratistos	OlymPas + € 6,90 (cat. A/B/C)
Friday	**Course**	**Level**	**Facilities**	**Requirements**
11:00 am - 12:00 pm	Strength workout for beginners	beginner	Kratistos	OlymPas + € 6,90 (cat. A/B/C)
12:00 - 13:00 pm	Strength workout	(semi-)advanced	Kratistos	OlymPas + € 9,25 (cat. A/B/C)
4:30 - 5:30 pm	Strength workout for beginners	beginner	Kratistos	OlymPas + € 6,90 (cat. A/B/C)

Schedule Kickstart Fitness (3 weeks)

Week 47-49: 16 November to 6 December 2026 **Start registration: Monday 2 November 2026**

Monday	Course	Level	Facilities	Requirements
8:00 - 9:00 am	Kickstart fitness	beginner	Fitness	OlymPas
8:00 - 9:00 pm	Kickstart fitness	beginner	Fitness	OlymPas
Tuesday	**Course**	**Level**	**Facilities**	**Requirements**
12:30 - 1:30 pm	Kickstart fitness	beginner	Fitness	OlymPas
8:30 - 9:30 pm	Kickstart fitness	beginner	Fitness	OlymPas
Wednesday	**Course**	**Level**	**Facilities**	**Requirements**
12:30 - 1:30 pm	Kickstart fitness	beginner	Fitness	OlymPas
Thursday	**Course**	**Level**	**Facilities**	**Requirements**
2:30 - 3:30 pm	Kickstart fitness	beginner	Fitness	OlymPas
5:00 - 6:00 pm	Kickstart fitness	beginner	Fitness	OlymPas
Friday	**Course**	**Level**	**Facilities**	**Requirements**
5:00 - 6:00 pm	Kickstart fitness	beginner	Fitness	OlymPas
Saturday	**Course**	**Level**	**Facilities**	**Requirements**
10:00 - 11:00 am	Kickstart fitness	beginner	Fitness	OlymPas
Sunday	**Course**	**Level**	**Facilities**	**Requirements**
11:00 am - 12:00 pm	Kickstart fitness	beginner	Fitness	OlymPas

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Rate category B	Staff and research trainees/assistants* of UU, HU, UMCU, HKU, UvH, Hubrecht Instituut/Westerdijk Institute
	Partners of staff, volunteers, partners of volunteers and former staff (retirees) of UMCU
	Students at hbos, affiliated with the 'hbo-raad'
Rate category C	Others

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Check the (discount)rates of the OlymPas.

The schedule is subject to change. The most up to date schedule can be viewed on www.olympos.nl.

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www.olympos.nl